A Proposed Synopsis for Ph.D. Pre-registration Seminar

(Faculty of Social Science, Ranchi University, Ranchi)

On the topic:

Study on Loneliness, Life Satisfaction and Adjustment among College Students of Ranchi District

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1.0 Introduction

1.1 State of the art

The feeling of Loneliness is more than what we feel while we are alone. It is a state where a Person tend to move away from Social thing like meeting People talking to People etc. It negatively affects the Mental health of the Person which lead to several Problem like Depression, Anxiety. Loneliness can be treated by finding the cause and be hopeful to overcome the cause. The Researcher Study Loneliness so that they can find out the Problem causing Loneliness and its Solution. Life Satisfaction means how much we are satisfy or happy in our life. High Life Satisfaction is related with good Physical and Mental health. The Satisfaction which we get in working relationship contributes to overall Life Satisfaction. Researcher Study Life Satisfaction to understand what are the factors to live a good life. Adjustment refer to the ability to adapt various change that occur in a Person life. If the Adjustment is effective then it can lead to Resilience and coping while ineffective Adjustment can lead to Dissatisfaction and Mental distress. Researcher Study Adjustment to help the People Adjusting the various change talking place in their life. If we understand Loneliness, Life Satisfaction and Adjustment then it can help us to improve Mental health, well-being and good Quality life. Researcher Study these areas to find the Solution for better Adjustment and better Life Satisfaction.

1.2 Conceptual framework of the Study

Concept of Loneliness

All ages are affected by loneliness, which is a natural aspect of being human. One may experience loneliness as a result of not having the necessary social relationships in place, or even if they do exist, they may not be intimate or fulfilling in the way that one needs, or they may lack the sincerity and emotion that one requires. The most widely recognized definition of loneliness is the misery brought on by differences between one's ideal and actual social connections.

Although being alone or in a state of solitude are frequent definitions of loneliness, loneliness is actually a state of mind. People feel empty, alone, and unwelcome as a result of it. Although loneliness has long been associated with aging, young people are started worreing about it more and more these days. Foundation for Mental Health, Being alone is a personal experience. This implies that a person will experience loneliness if they believe they are alone. It follows that someone will experience loneliness if they believe they are alone. For some people, being alone is enjoyable.

Loneliness is a frequent sensation; up to 80% of people under the age of 18 and 40% of those over 65 report feeling lonely at least occasionally. The likelihood of feeling lonely decreases with age, reaching a peak around the age of 70. Perceived social isolation is synonymous with loneliness, not actual social separation. Individuals can have relatively solitary lives without experiencing loneliness, or vice versa, leading allegedly socially active lives without experiencing loneliness. The unpleasant emotion that accompanies the belief that one's social needs are not being satisfied by the number or, particularly, the caliber of one's social contacts is known as loneliness.

We are all capable of experiencing loneliness, and for good reason, loneliness is an equal opportunity tenant. We have suggested that loneliness is the social counterpart of physical pain, hunger, and thirst; the pain resulting from social isolation, along with the hunger and thirst for social interaction, drive the creation and maintenance of social networks that are essential to our genetic existence. Feelings of social isolation are typically lessened or eliminated when loneliness is successful in fostering connection or reconnection with others after a move or loss, for example. But for up to 15–30% of people in general, loneliness is a persistent condition. If loneliness is not addressed, it can have detrimental effects on behavior, emotion, health, and thought processes. Here, we summarize the negative effects of perceived social isolation on one's physical and mental health before introducing the processes underlying these results inside a model that accounts for the behavioral, emotional, and cognitive aspects of loneliness.

Ponizovsky & Ritsner, (2004) The term "Loneliness" is often used to suggest that someone has a social or personal shortcoming that needs to be fixed.

Suen & Tusaie, (2004) Some people find it upsetting to admit they feel lonely because they think it will be seen as a sign of weakness or that they are not deserving or unable to form and maintain connections.

Buber (1958) Loneliness is an experience that must be conquered and is a necessary but abnormal aspect of the human condition. He felt that relating to another person in an authentic way allowed one to feel the special qualities that make being a human. In order to support the transcendent experience and reinforce one's fundamental humanity by being totally present with another, the solitary search of truth was carried out.

Mijuskovic (1977) Loneliness is a natural part of being human. According to him, people realized they were lonely when they started to experience being alone in the world and metaphysically alone. People might only momentarily forget their loneliness in the company of others.

Moustakas (1972) Loneliness is a period of critical importance when a fundamental component of existence is abruptly questioned and one enters into an enigmatic quest for significance. He observed that loneliness was frequently invoked in the context of tragedy, illness, or death and that loneliness was essential for upending preconceived notions, breaking new ground, and realizing new meaning in order to live life to the fullest.

Types of Loneliness

Interpersonal Loneliness

Losing a meaningful or close relationship might lead to Interpersonal Loneliness. One begins to feel alone among the throng when a major person in their life passes away. This could involve losing a spouse following a divorce as a result of an unhappy marriage or due to sad events like death.

Social Loneliness

This is the situation where an individual is actively rejected, on the periphery of a group, or excluded from a group. This also includes withdrawing from social circles and the Physical absence of important people from one's immediate surroundings.

Cultural Loneliness

This is the situation where someone who is a member of one culture feels excluded from the new culture and doesn't fit in.

Intellectual Loneliness

This is the state in which an individual is not in line with their family, friends, or classmates in terms of knowledge or education.

Psychological Loneliness

This is the situation in which an individual has gone through a trauma that has made them different from other people.

Cosmic or existential Loneliness

This is the kind of lonely isolation that someone who is dying feels.

Causes of Loneliness

Use of Social Media

The growing emphasis on expanding one's virtual friendship network and the quantity of "friends" or "followers" one may have on social media, coupled with the increased use of social media in modern culture, puts young adults at risk of feeling emotionally alone because their online friendships may lack depth and significance.

In one study, people who used social media frequently were less likely to interact with others in person on those days. However, when it came to the between-person analysis, people who used social media heavily did not interact with people less in person than those who avoided it. The amount of social media use and increases in loneliness across student samples and across all age groups are not significantly correlated, at best, according to mixed-methods, longitudinal studies, meta-analyses, and qualitative research. These research imply that social media use's influence on loneliness may be better determined by its quality than by its quantity.

Educational, Employment and Household transitions

Transitions in school, work, and housing are associated with an increased risk of loneliness among young adults. The group of 18 and 21-year-olds who had left home, moved into a university, and subsequently into the workforce had the largest percentage of British young adults who said they felt "often or always" lonely. In a study of 18–20-year-olds, a second peak in loneliness was discovered among the oldest pupils. This finding could be connected to the adjustment to full-time employment and early adulthood. There are other relationship changes as well, such those with a romantic partner, in addition to these.

Social Comparison

In recent years, there has been an increasing focus on one sort of engagement: social comparison on social media. Research indicates that people who use social media in a passive way—that is, by viewing other people's profiles without engaging with them directly—are more likely to feel jealous of other people and engage in social comparison behaviors than people who use social media in an active way, such as by posting a status update or chatting via instant messaging. This idea that active social media use improves wellbeing whereas passive use is negatively linked to loneliness is supported by a meta-analysis. Teenagers' social circumstances may have an impact on their propensity for social media comparison. In one study, youths exposed to intense social media use showed a strong tendency toward social comparison orientation and sentiments of jealousy, which was found to be strongly predicted by rivalry among peers in a peer group.

Socio-economic Status

Furthermore, loneliness among young adults may be predisposed by a lower socioeconomic level. Adolescent loneliness is correlated with socioeconomic status indicators such as poor family income and low social class based on parental occupation. These results support those of the Office for National Statistics in the UK, which discovered a relationship between loneliness in young people and socioeconomic level. Financial resources may make it easier to engage in activities that lessen loneliness.

Concept of Life Satisfaction

Satisfaction is a mental state. It is an assessment of something that is evaluative. The word encompasses both enjoyment and contentment. As such, it addresses both affective and cognitive assessments. Over time, satisfaction can be both fleeting and constant. The extent to which an individual feels satisfied with the general quality of their life is known as life satisfaction. state of contentment with one's life, to put it another way.

In Positive psychology, Life Satisfaction is a crucial concept (Gilman and Huebner 2003). Because LS measures are sensitive to the full range of functioning, they can be used to identify Psychopathology as well as markers of general well-being. This is in contrast to typical mental health scales, which do not allow respondents to identify traits or the presence of good sentiments or behaviors. Instead, respondents are asked to indicate the presence or absence of problems and evaluate existing problems based on frequency and symptoms. Furthermore, LS is essential to positive psychology, a science that focuses on identifying strengths and developing them as defenses against the emergence of psychopathological issues (Veenhoven 1988). This is because LS is a fundamental sign of SWB.

Suldo & Huebner, (2006) Perceived quality of life, or life satisfaction, is a broad concept that includes the entire functioning spectrum, from very low to OK to very high, and has been growing attention as a sign of young people operating at their best.

Diener, Suh, Lucas, & Smith, (1999) A subjective evaluation of the quality of one's life in general or in relation to certain domains is known as Life Satisfaction.

Greenspoon & Saklofske, Suldo & Shaffer, in press; (2001) Studies have revealed young people who exhibit few Psychological symptoms but yet have low Life Satisfaction, in contrast to conceptions of health as the absence of illness.

Suldo and Huebner, (2004a) Teenagers who reported high levels of pleasure were found to have a lower propensity to externalize in the future following major life stressors. So, one could consider life happiness to be a crucial Psychological quality that promotes adaptive development.

Haranin, Huebner, & Suldo, (2007) Martin, Huebner, & Valois, (2008) Longitudinal research have demonstrated the significance of adolescent life satisfaction, with lower levels of Life Satisfaction being a strong predictor of future externalizing and internalizing behaviors as well as peer victimization insights.

Life Satisfaction and its Contributing Factors

Although the primary determinants of life happiness are still not fully known and are subjectively assigned different weights, research indicates that they most likely belong to one of four consecutive categories:

- **Life chances**

Life chances have been the exclusive subject of research on factors influencing Life Satisfaction, especially when it comes to individuals. Numerous Correlational studies have attempted to pinpoint the factors that lead someone to have an Optimistic outlook on life.

- **Course of life events**

There hasn't been much discussion of how life events affect life satisfaction. One of the few comprehensive studies that took the issue into account was Heady and Wearing's four-wave Australian Quality of Life Panel Study (1992). Initially, this research demonstrated that the path of Life's experiences are unique to each individual. Some people experience repeated problems; they get into accidents, lose their jobs, fight with family members, get sick, etc. However, there are also others that are fortunate most of the time; they have successful children, meet kind people, get promoted, etc.

- **Flow of experience**

Hedonic experience is still mostly unknown. Even though revulsion and ecstasy are quite real emotions, it's not always obvious how or why they occur.

- **Inner process of evaluation**

What thoughts run through a person's mind when they assess life? One of the main themes in the early philosophers' studies of happiness was conjecture on such issues. In the current century,

there has been a noticeable resurgence of interest in this topic. Rekindled interest is not only due to curiosity about what's inside the black box, but also to the far-reaching implications that result from the various viewpoints regarding the potential to increase happiness for a larger number of people (to be discussed in the next section).

Concept of Adjustment

The Oxford dictionary defines adjustment as the act of ordering or positioning, regulating, arranging, or adapting. The process of adjustment is important in all spheres of human existence, including the biological, social, political, and economic. A living thing adjusts itself to keep a balance between its demands and the external factors that affect how well those needs are met. Since different demands are present from birth in humans, the frustration results in maladjustment. Food, drink, sleep, control over body temperature, human company, societal acceptance, self-worth, and love are among these necessities. When these demands are not met, it has a major impact on the person's behavior and causes them to become maladjusted to their surroundings. A person's engagement with their surroundings might be characterized as adjustment. Everybody works hard to fulfill their needs and accomplish their objectives. In addition, he is under external pressure to act in a particular manner. Demands from the environment and oneself interact during adjustment.

Adjustment is a dynamic process that begins at birth and lasts the entirety of a person's growth. It begins as a reaction to an infant's demands from outside stimuli. Later on, this reaction can even change in response to a person's internal needs. As a result, a person may go through the process of adapting to meet demands from the outside world, such as their parents' expectations. coworkers or from within, such as personal objectives and aspirations. Psychologists refer to different social or interpersonal relationships in society as Adjustment. Therefore, Adjustment refers to an individual's adaptive response to the Stresses and demands placed on them by their social environment.

Arkoef (1968) Adjustment is a dynamic concept that both influences and is influenced by an individual's Personality. Throughout the Adjustment process, an individual's internal (personal) and external (environmental) components are constantly interacting. Adjustment, as a personality

feature, is unique to each person. In similar environmental situations, various people adapt and adjust in different ways.

Pal (2001) The concept of adaptation has been seen as both a state and a process in the psycho-social setting. As a process, it describes the dynamic way in which a person modifies his behavior to lessen the dissonance between himself and his surroundings and ultimately achieve homeostasis. Being a dynamic process, it entails an ongoing process of responding to and being responded to by the surroundings. It describes a state in which there is harmony between a person and his surroundings. The individual can be considered well adjusted in this situation.

Maslow (1970) Noted that meeting a person's needs for safety, love and belonging, esteem, and self-actualization is the ultimate aim of life. One essential component of meeting these needs is the adjustment process. Therefore, the purpose of adaptation is to meet a person's biological or personality needs. Through the process of adjustment, a healthy, well-adjusted person can live comfortably even under demanding and stressful situations.

Lazarus (1996) The Psychological process of Adjustment is how people deal with the different demands and procedures of daily life. Making adjustments requires a response of the subject to the requests made of him. These needs, which result from the Physical conditions of existence, are further divided into internal and external demands.

Jank (1992) One aspect of Personality that can be explained in terms of biological urges and behavior is adaptability limits and individual norms. These can be thought of as analogous to Psychology's id, ego, and super-ego functions.

Types of Adjustment

Emotional Adjustment

It describes how a person adjusts to emotional connections both inside and between himself and other people. outside of the classroom, as seen by the person's attitudes and actions. It describes how a person adjusts to emotional connections both inside and between himself and other people outside of the classroom, as seen by the person's attitudes and actions.

Social Adjustment

It describes how a person adjusts their attitudes and behaviors to fit into social relationships with others both within and outside of the classroom.

Academic Adjustment

Academic achievement is defined as one's accomplishment on a set of standardized examinations taken in school. The phrase is most frequently used to refer to academic achievement in the curriculum's topics. It refers to the grades obtained on the quarterly test that the researcher himself creates and gives to the student sample.

General Living Adjustment

Adjusting to the weather and environment, transportation, health care, food, and housing arrangements are examples of General Living Adjustment. Despite their seeming insignificance, these tiny details can take up a significant amount of the students' time and effort.

Socio-cultural Adjustment

The terms culture shock, discrimination, and getting used to new values, norms, holidays, and customs describe Socio-cultural Adjustment.

Personal Psychological Adjustment

Personal Psychological Adjustment is a problem that encompasses Depression, Loneliness, isolation, homesickness, and frustration.

Area or Aspects of Adjustment

Home Adjustment

This domain or component fosters a person's feeling of comfort and safety. If the home environment is conducive, this element offers a reasonable insurance for the individual's overall adjustment and well-being; if not, the subject is clearly seriously lacking in ability to adjust in the home environment if the subject is unhappy with the family environment and prefers to spend time away from the home.

Health Adjustment

It is essential to the subject's capacity for adjustment. It aids in the development of the essential components of adaptability in humans. This component includes mental and physical health as well as development of the mind. Every region contributes significantly to the ability to adjust.

Social Adjustment

The adjustment to one's social environment falls under this area of adjustment. It is vital to the individual. The person should always feel quite content with their social environment, regardless of the situation. If this is the case, he or she may maintain their social adjustment and get along with others; nevertheless, if this does not occur, they may develop into a socially maladjusted individual. This sphere includes the home, the family, the friends, the relatives, the neighbors, and other community members including coworkers and teachers.

Professional or Occupational Adjustment

This area of adjustment focuses on a person's capacity to adapt to their line of work. A person is examined in this field based on the following criteria: The career chosen is either in line with one's skills and abilities or not; other factors include the degree of self-doubt (about whether the decision was right or wrong), job satisfaction, relationships with coworkers, degree of work dedication, etc. A person who has successfully adapted to their professional environment will be content carrying out their tasks, as well as be able to get along with coworkers and the materials needed for their field work.

Educational Adjustment

The results of a series of uniform exams taken in school are referred to as educational achievement. In a broader sense, the phrase refers to how well students succeed in their coursework. It refers to the scores obtained on the quarterly exam, which the researcher personally creates and gives to the sample of pupils.

Review of Literature

A review of the related literature gives the investigator a comprehensive understanding of the previous work that has been done in a certain field. It develops in the investigator an insight he needs to convert her tentative research Problem to a specific and concise one. A brief review of literature is studied under the following heading:

- **Studies related to Loneliness**
- **Studies related to Life Satisfaction**
- **Studies related to Adjustment**

Studies related to Loneliness

Vanciuysen et al. (2011) first addresses differences in feeling of Loneliness between ethnic majority and minority group members, secondary examines the relationship between Loneliness and Integration and ethnic attachment among ethnic minority groups in Belgium. The Study was conducted on representative face to face survey of 740 people of Flemish, Moroccan, and Turkish heritage that was carried out in two former coal mine communes (Houthalen-Helchteren and Genk) in the province of Limburg, in the north-eastern region of Belgium, in 2006. Data were gathered using ISPO Loneliness measure. The findings revealed by analyses Significant variations in the loneliness scores among the ethnic groups. The Flemish majority scored the lowest, while Turkish descendants had the greatest results. Stepwise multiple regression analyses of Contact sets of sociodemographic, integration, and ethnic attachment variables show that, in terms of social contact variables, an individual's level of loneliness decreases with increasing integration and that, conversely, an individual's level of loneliness decreases with increasing attachment to their own ethnic group. Loneliness among Moroccan and Turkish minorities is positively correlated with ethnic identification and ethnic media use.

Bhagchandani (2017) to examine a Study on the effect of loneliness on the psychological well-being of college going students.The Study was conducted on 101 Male and Female College Students. Data were gathered in two sections, the UCLA Loneliness scale constituted the second section, and Ryff's Psychological well-being questionnaire made up the first. The findings showed that substantial inverse link between psychological well-being and loneliness. Also,

there was no discernible difference between the genders in terms of psychological well-being or loneliness.

Vasileiou et al. (2019) aimed to investigate the coping strategies young adults deploy to manage experiences of Loneliness whilst studying at University. 15 university students who had relocated away from home for their studies and who acknowledged feeling lonely. A qualitative, cross-sectional study was designed. Semi-structured Interviews were conducted. The findings show that participants employed a range of coping mechanisms to deal with the upsetting loneliness experience.

Barreto et al. (2021) to examine differences in the experience of lonelines across cultures, age, and gender, and the interaction between these factors. The Study was conducted on 46,054 participants, spanning 237 nations, territories, and islands and representing the entire spectrum of individualism-collectivism cultures aged between 16 to 99 years. Loneliness was measured by UCLA Loneliness Scale. The findings showed that loneliness was higher in men than in women, rose with individualism, and fell with age. Additionally, we discovered that while age, gender, and culture all interacted to predict loneliness, they did not diminish the primary effects—rather, they only made them more pronounced. Younger males in individualistic societies were shown to be the most susceptible to loneliness.

Chen & Gong (2022) to investigate how measures of urbanization (including population density, duration of urban status, neighborhood transition, and housing type are associated with residents' loneliness. The Study was conducted on 3,229 Participants in 40 localities in China that were undergoing rural-urban transition. De Jong Gierveld Loneliness Scale were used to gather the data. The findings showed that living in temporary housing is a clear risk factor for social loneliness, urbanization at the county, township, and neighborhood levels is significantly associated with emotional loneliness.

Studies related to Life Satisfaction

Clemente & Sauer (1976) to examine the impact of race, age, SES, marital status, perceived health and social participation upon life satisfaction. The Study was conducted from a poll of 1,347 adult US citizens. Students' Life Satisfaction Scale (SLSS) were used to gather the data. Regression analysis was used to examine the hypotheses that each independent variable related

to, which were derived from the literature. sex was Control Variable. The findings showed that perceived health quality and race are the most significant predictors of satisfaction. Social participation and marital status were found to be reliable but weak predictors. There was little correlation found between SES and contentment. Furthermore, although age and pleasure were correlated, the relationship's direction was different from what had been predicted.

Suldo & Huebner (2004) aimed to Study Does life satisfaction moderate the effects of stressful life events on psychopathological behavior during adolescence?. The Study was conducted on 816 middle and high school students. Students' Life Satisfaction Scale (SLSS) were used to gather the data. The findings showed that the moderational model for externalizing behavior outcomes, but not for internalizing behavior problems. In particular, teenagers who had good life satisfaction were less prone to acquire externalizing tendencies later in life when faced with stressful circumstances. Additionally, the study found that, even when previous levels of externalizing behavior are controlled for, adolescent life satisfaction evaluations exhibit modest stability over a one-year period and independently predict subsequent externalizing conduct.

Suldo & Huebner (2006) to examine whether extremely high life satisfaction was associated with adaptive functioning or maladaptive functioning. The Study was conducted on 698 secondary level students. Students' Life Satisfaction Scale (SLSS), Abbreviated Junior Eysenck Personality Questionnaire, Self-Efficacy Questionnaire for Children were used to gather the data. Their findings showed that With the exception of extraversion, students with extremely high life satisfaction scored higher on all measures of adaptive psychosocial functioning than those with normal life satisfaction.Additionally, on every assessment of emotional and behavioral issues, kids who expressed the highest levels of satisfaction scored the lowest. The very high and moderate groups did not significantly differ in the rates of clinical levels of behavior disorders. When considered collectively, the results provide credence to the idea that extremely high life satisfaction is linked to favorable psychosocial functioning. Furthermore, variations in adjustment that were not detected by psychopathology tests were disclosed by teenagers' assessments of their life satisfaction.

Proctor et al. (2009) to examine youth life satisfaction. The Study was conducted on 141 Youth. The Students' Life Satisfaction Scale (SLSS) were used to gather the data. The findings revealed that relationships between juvenile life satisfaction and other significant emotional, social, and

behavioral components. The review provides evidence regarding the factors that promote positive life satisfaction and the consequences of positive life satisfaction in young people.

Studies related to Adjustment

Adeniyi et al. (2014) to examine ascertained the pattern of Academic Adjustment of students as well as the relationship between each of Personality types and demographic variables and academic adjustment of students. The Study was conducted on a Sample of 600 first-year Undergraduate Students from six of the thirteen faculties of Obafemi Awolowo University in Ile-Ife. Thereafter, 100 Undergraduates (including Direct Entry and UTMEM candidates) were chosen from each faculty. "Questionnaire on Personality Types, Students' Academic Adjustment" (QPSA) were used to gather the data. The findings indicated that a moderate pattern of Academic Adjustment was present in 73.5% of the new Undergraduates. The results indicated that 64.4% of the pupils had a type "A" Personality. Moreover, Personality types A and B did not significantly correlate with students' Academic Adjustment, according to the data ($r = 0.133$; $df = 564$ at $p > 0.05$). Lastly, the data revealed no Significant Correlation between Place of residence ($r = -0.029$; $df = 562$, $p > .05$) and sex ($r = -0.30$; $df = 564$, $p > 0.05$). It was determined that most first-year Undergraduates in the study area had a modest level of Academic Adjustment, regardless of their Personality types.

Rehman & Singh (2015) to analyze the effect of family type on Adjustment level in social, emotional and educational areas of adolescents of school in Ghaziabad.The Study was conducted on a Sample of 80 boys and 80 girls from Ghaziabad, aged between 14-18 years. AISS-ss were used to gather the data. Findings showed that adolescents raised in a joint family were shown to be better adjusted Study also revealed that girls had better Adjustment than boys.

Can et al. (2021) to explore the influence of Adjustment problems on the level of psychological well-being of International College Students in the U.S. The Study was conducted on a Sample of 145 International College Students aged between 18-41 years from American Universities. The Scale of Psychological Well-Being (SPWB) and the Michigan International Students Problem Inventory (MISPI) were used to gather the data. The findings showed that Adjustment issues were a strong Predictor of Psychological well-being. Result also showed a negative

correlation between Psychological well-being and Adjustment issues. The pupils' Psychological well-being declined as their degree of Adjustment issues raised.

Acharya (2022) aimed to find the social Adjustment of tribal girls of aspirational Districts of Odisha in relation to their Socio-economic status. The Study Conducted on 316 tribal girls students of secondary school, studying in class IX and X in the Malkangiri, Nuapada, Balangir, Kalahandi, Kandhamal, Gajapati, Dhenkanal, Koraput, Rayagada, Nawarangapur district. Social Adjustment Scale were used to gather the data. The study's findings indicate that the majority of tribal girls have an average level of social Adjustment; urban tribal girls perform better than rural tribal girls in this regard; the majority of parents have a low Socioeconomic status; there is a Significant difference in the social adjustment of tribal girls belonging to high, medium, and low socioeconomic status; and there is a positive and significant correlation between social Adjustment and Socioeconomic status.

2.0 Problem to be Investigated

The Proposed Study aims to explore Study on Loneliness, Life Satisfaction, Adjustment among College Students in respect of Gender (Male & female), Ethnicity (Tribal and Non-Tribal) and Place of Residence (Rural & Urban).

3.0 Objectives of the Investigation and Motivation

- To examine the levels of Loneliness, Life Satisfaction and Adjustment among different sub-groups of College Students.
- To examine the Impact of Gender, Ethnicity, and Place of Residence on Loneliness among College Students.
- To examine the Impact of Gender, Ethnicity, and Place of Residence on Life Satisfaction among College Students.
- To examine the Impact of Gender, Ethnicity, and Place of Residence on Adjustment among College Students.
- To examine the Inter-relationship between Loneliness, Life Satisfaction and Adjustment among College Students in relation to Gender, Ethnicity and Place of Residence.

3.1 Motivation

Loneliness have been a topic of Interest for many Psychologist but no one can Study combination of these Variables namely Loneliness, Life Satisfaction and Adjustment together how this variables are associated. It is very important area of research and deserves more exploration. The present Study helps the adolescence to understand the role of Loneliness and Life Satisfaction in overall Adjustment. Understanding Adjustment, Life Satisfaction, and Loneliness can help us live better lives with better mental health and wellbeing. Researchers investigate these fields in an effort to identify solutions that improve Life Satisfaction and Adjustment.

4.0 Research Hypotheses

1). The Levels of Loneliness, Life Satisfaction and Adjustment will vary among different Sub-groups of College Students.

2). There will be Significant Impact of Gender, Ethnicity, and Place of Residence on Loneliness among College Students.

3). There will be Significant Impact of Gender, Ethnicity, and Place of Residence on Life Satisfaction among College Students.

4). There will be Significant Impact of Gender, Ethnicity, and Place of Residence on Adjustment among College Students.

5). Loneliness, Life Satisfaction and Adjustment will be Significantly Correlated with each other.

5.0 Research Design and Methodology

The Sample

The total sample for the Study will be 320 College Students from different Colleges located in Ranchi District. The selection of Sample will be based on Stratified random Sampling technique. It will be based on Gender (Male and Female), Ethnicity (Tribal and Non-Tribal), and Place of Residence (Rural and Urban).

There will be 8 Sample sub-groups based on 2x2x2 factorial design and for each group will consist of 40 cases.

The factors of Stratification are:

- Gender - 2 : (Male and Female)
- Ethnicity - 2 : (Tribal and Non-Tribal),
- Place of Residence - 2 : (Rural and Urban)

Table - 1

Sample Design

Gender		Male		Female		Total
Ethnicity		Tribal	Non-Tribal	Tribal	Non-Tribal	
Place of Residence	Rural	40	40	40	40	160
	Urban	40	40	40	40	160
Total		80	80	80	80	320

Variables for the current study are as follows:

Independent Variables

- Gender
- Ethnicity
- Place of Residence

Dependent Variables

- Loneliness
- Life Satisfaction
- Adjustment

Control Variables

- Participants of Ranchi District only.
- Arts Stream Students of Ranchi District only.
- 18 to 25 years old College Students.

Selection Criteria :

Inclusion Criteria

- College Students of Ranchi District.
- Age range between 18 to 25 years old College Students.
- Tribal and Non-Tribal College Students.
- Arts Stream Students belong to Ranchi District.
- Students from Rural and Urban areas belong to Ranchi District .

Exclusion Criteria:-

- School Students, Post Graduate University Students will be excluded.
- Socio-economic background will be excluded.
- Commerce and Science Stream Students belong to Ranchi District will be excluded.

6.0 Sources of data and Tools to be used in Collection of data

Source of the data

Primary data will be collected from different Colleges located in Ranchi District. Information will be Collected from Secondary sources like Books, Articles, Magazines.

Tools to be used in the collection of Data

1. Personal Data Questionnaire (PDQ)

2. Life Satisfaction Scale

3. Adjustment Inventory

4. Loneliness Inventory

Description of Tools:

- **Personal Data Questionnaire (PDQ)**

The Personal data Questionnaire (PDQ) will be prepared by the Research Scholar. It will be used to obtain information about respondants Name, Age, Gender, Ethnicity, Place of Residence, Educational qualification, Name of College in which he/she is Studing etc.

- **Life Satisfaction Scale**

The scale was developed by Alam and Srivastava (2001) was uses to measure "Life Satisfaction". The scale consisted of 60 items related to six areas i.e., Health, Personal, Economic, Marital, Social and Job. All the sixty question in the Scle have to be responded to with either "yes" or "No". There is no other alternative. Every "yes" respose was assigned 1 marks. The sum of marks was obtained for the entire scale. The range of age was between 18 to 40 years. The test -retest reliability was computed after a lapse of six weeks. The obtained quotient was .84. The validity of the scale was obtained by correlating saxena's Adjustment Inventory and Srivastava Adjustment Inventory. The quotient was .74 and .82 respectively.

- **Adjustment Inventory for College Students**

This Inventory was developed by Sinha and Singh. The scale consisted of 102 items related to five areas i.e., Home, Health, Social, Emotional and Educational. All the 102 question in the Scle have to be responded to with either "yes" or "No". There is no other alternative. This Adjustment Inventory is developed for the measurement of Adjustment among College Students. Reliability by Split half 0.94, Test-retest 0.93, Hoyt's method 0.94, K-R formula-20 0.92 of this Scale is .82.

Product moment coefficient of correlation between the Inventory scores and superintendents' rating was obtained to be 0.58.

- **Loneliness Inventory**

This Inventory was developed by Uma Meenakshi.R, (2008). This Loneliness Inventory is developed for the measurement of Loneliness among undergraduate and post graduate students of both sexes. The test consisted of 19 Item. This is based on five point rating scale model viz., 'Never','Rarely','Sometime','Many a time' and 'Always'. In this tool 12 Items were Positive and remaining 7 Items were Negative. A score of 1,2,3,4,5 were given to the resposes for Positive items while the Scoring is reversed in case of negtive Item. The Range of scores will be between 19 to 95. The Score of 50 and above will be considered having high Loneliness and 36 and below is consider to be having low Loneliness. The average range is between 37 and 89. Reliability of this Scale is 0.84. The Product moment Correlation coefficient between the Inventory scores and the HOD's scores was computed 0.85. In total, the tool is highly valid.

7.0 Analysis of Data

The following Statistical technique will be used to analyszed the obtained data:

- **Percentage and Mean values** will be calculated to find out the level of Loneliness, Life Satisfaction and Adjustment among college students of Ranchi.
- **ANOVA** will be Calculated to find out the Impact of Gender, Ethnicity and Place of Residence on Loneliness, Life Satisfaction and Adjustment among College Students of Ranchi.
- **t-test** will be Calculated to know the significant, mean difference between sub-groups based on Gender, Ethnicity and Place of Residence on Loneliness, Life Satisfaction and Adjustment among College Students of Ranchi.
- **Co-efficient of Correlation** will be calculated for determining Inter-relationship among Loneliness, Life Satisfaction and Adjustment among College Students of Ranchi
- **Graphical representation** of results is drawn as required.

8.0 Significance of the Study

College students encounter many of the risk factors linked to Loneliness, Loneliness is a prevalent worry among them. Feeling alone can have a lot of bad effects, such as low Anxiety, and Sadness. These things can make it harder to focus and lower Motivation and Performance in the classroom. This Study investigated the association between Loneliness, Life Satisfaction and Adjustment. There is great significance for the Study on the above topic as the Study will Provide an indepth knowledge about the Challenge and issues related to Life Satisfaction, Adjustment and Loneliness among College Students of Ranchi District. Through this Study, the aim is to fill a gap in the Understanding of the wider Impact of Loneliness within College Students so that Interventions may be developed in the future accordingly.

9.0 Its relevance to the Present day Problem and need to the Society

The result of this research should be regarded as preliminary and should be interpreted with caution because it is possible that the association between Life Satisfaction, Adjustment with Loneliness is relatively weak further studies of this relationship between Loneliness, Life Satisfaction and Adjustment could promote the understanding of College Students behavior and further research in this area needed to generalize its finding.

10.0 Contribution to the existing knowledge

The concept of Loneliness is rather new and only a few studies have been carried out in relation with Life Satisfaction, Adjustment in this area. Keeping in view the importance of Loneliness for College Students, this Study has been undertaken by Investigator. The finding of proposed study will help in understanding the association between Loneliness, Life Satisfaction and Adjustment.

11.0 Future Work

The finding of the current study will inspire and invite other Psychologists who are interested in Studing Loneliness, Life Satisfaction, Adjustment. This will deepen their understanding of the field and open up new research questions in these Varibles namely Loneliness, Life Satisfaction, Adjustment. Very few research have been conducted in India on this topic to date. The research makes it easier for upcoming and experienced researchers to perform Investigations on the subject by adding or removing Variables.

TENTATIVE CHAPTERIZATION

There will be five Chapters in the research report of the Proposed research**.**

Chapter- I : Introduction

Chapter- II : Review of Literature

Chapter- III : Methodology

Chapter- IV : Analysis of Data

Chapter- V : Summary and Conclusion

References :

Appendices :

Note : *This Synopsis is tentative, which may be modified depending upon the availability of cases, tools and other situations*.

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